

The 5 Ways to Wellbeing



29th January 2021

Dear Parents / Carers

Here we are again, back in lockdown. And yet, it feels different this time. This time, we have lost the hope that so many of us had before, that this is a short term thing. This time, the government seems to expect more out of all of us, in terms of working and educating our children, yet at the same time, in many ways, they seem to be providing less. This time, it is cold, grey and miserable. Even the sun is hiding away.

All of these things add up, potentially making it even harder on our mental health this time than it was before. But we want you to know, that as a school, we are there to support you. We want the children to learn, but we also want them to be happy and healthy, in mind and body.

The image below suggests a timetable of different factors that we all (adults and children) need in each day to maintain a healthy mind. At first look, it can seem like a lot of 'extra' stuff to fit into the day, but a lot of it is probably things you (or your children) do any way. The activities in this table are closely linked to The Five Ways To Wellbeing, something that we have covered in school with the children and shared with you in the past.

As with anything we do, it is important to be kind to ourselves and not expect perfection. If you look at the table and feel that actually, you and your family are missing a lot of things from it, don't try and make a massive change, fitting them in all at once. Think about what will have the biggest positive impact for you and your family. Start there, then when you are ready, try and add a bit more.

Children's Mental Health Week – 1st to 5th February

Next week is Children's Mental Health Week, and we will be sharing short activities and ideas to promote wellbeing through Seesaw and our school Twitter account each day.

Over the coming weeks, we will continue to share regular tips and ideas for how you can support mental wellbeing in your families. We hope you find them useful. Remember, there are also links to other support sources through the school [Mental Health and Wellbeing page](#).

Kind regards

Mrs Deller
Mental Health Lead

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Healthy Mind Daily Routine Ideas

<h1 style="color: #0070C0;">Connecting Time</h1> <p style="color: #0070C0;">This is your child's opportunity to bond and connect with you, <u>these things must be done together.</u></p>	<p>Things done together</p> <ul style="list-style-type: none"> • reading books • making things • going for a walk • playing a game • drawing pictures • having a chat.
<h1 style="color: #C00000;">Physical Time</h1> <p style="color: #C00000;">This is your child's opportunity to get active and increase endorphins, these don't necessarily need to be done with your child, but make sure that you get some exercise at some point too.</p>	<p>Physical activity, even better if aerobic</p> <ul style="list-style-type: none"> • Go for a walk • Bike/ scooter/ skateboard ride • Fitness video • Make an obstacle course • Play football/ tennis/ catch • Outdoor physical play • Gymnastics/ yoga • Skipping/ dancing
<h1 style="color: #6A329F;">Focus Time</h1> <p style="color: #6A329F;">This is time for completing tasks, possibly with your help or independently. It will be better if it is something the child is interested in rather than something they are being coerced into.</p>	<p>Normally task focused;</p> <ul style="list-style-type: none"> • Work books • Computer learning game • Making something • Word-search • Writing • Drawing • Experimenting • Jigsaws
<h1 style="color: #FFD700;">Down Time</h1> <p style="color: #FFD700;">This is your child's opportunity to chill out and relax. It can be done independently or together.</p>	<p>Giving the brain a rest</p> <ul style="list-style-type: none"> • Artwork to relaxing music • Playdough • Daydreaming • Colouring • Reading • T.V
<h1 style="color: #008000;">Play Time</h1> <p style="color: #008000;">Time for your child to be creative, imaginative and spontaneous. With or without you.</p>	<p>No ulterior motive, just opportunity to have fun in a free way!</p> <ul style="list-style-type: none"> • Lego • Building • Imaginative play • Dressing up • Outdoor play
<h1 style="color: #FF00FF;">Time In</h1> <p style="color: #FF00FF;">This is your child's opportunity to connect with themselves, have a chance to reflect on their day or just 'feel' what they are feeling at that time. It could be done on their own or with you there.</p>	<p>Being in the moment, feeling sensations:</p> <ul style="list-style-type: none"> • Have a bath • Journaling • Therapy putty/ playdough • Painting • Texture/ sensory play • Calm room activities • Breathing exercises • Yoga